

Teen Clinic

Lucile Packard Children's Hospital



Services We Provide

- General health check-ups for school, sports or employment. Teens should have a check-up every year for their health.
- Immunizations
- Urgent health care needs, such as cold or flu
- Health information
- Initial nutrition counseling, if you have concerns about weight.
- Birth control (condoms, pills, shots, patches or vaginal ring)
- Pregnancy testing and counseling
- STD testing and treatment, including HIV testing and counseling
- Evaluation and treatment of gynecological disorders, such as irregular periods
- Treatment of acne
- Consultation and referral for psychological, social and school issues

Who Sees You?

Our staff includes doctors, fellows, residents and medical students, as well as nurse practitioners and social workers. All care is supervised by the attending physicians. Patients will be seen by the attending physician sometime during their visit.

Do I Need to Bring My Parent(s) or Legal Guardian?

Confidential services for sexual health care do not require a parent or guardian.
The first visit for general health care does require a parent or guardian.



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What about Confidentiality?

Anyone 18 years or older may consent to health care and have their care kept private. General health care, including sports physicals and illness treatment, requires consent of a parent or guardian.

Under California law, people 12 years and older may consent to health care for prevention of and treatment related to:

- Pregnancy
- Sexually transmitted diseases
- Contraception and family planning
- Substance abuse treatment
- Mental health concerns

This means your doctor will keep these matters confidential, except if the patient is going to commit suicide or hurt someone else. It also means you may qualify for a special program to pay for these services. You may speak with the clinic social worker about confidentiality issues.



Appointment Hours

Wednesday and Thursday from 1 – 4:30 pm

To Make an Appointment

Call (650) 694-0600

For Confidential Telephone Advice

Call the Teen Health Resource Line (888) 711-TEEN

Teen Clinic

Lucile Packard Children's Hospital

1174 Castro Street, Suite 250
Second Floor
Mountain View, CA 94040

Attending Physicians

Sophia Yen, MD, MPH

(Board-certified in Pediatrics and Adolescent Medicine)

Marc Brewer, MD (Board-certified in Pediatrics)

Kimberly Carrico, MD (Board-certified in Pediatrics)

Christian Pariseau, MD (Board-certified in Pediatrics)

Clinic Nurse

Mary Balestrieri, RN

Social Workers

Allie Flanders, MSW

Amy Valentine, MSW

Clinic Manager

Jodi Kazemini

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